

## **WHAT IS CLAIMED IS:**

1. A process for preparing flax having an elevated level of an Omega-3 fatty acid compared to flaxseed, comprising the step of sprouting flaxseed for at least 6 hours.
2. The process according to claim 1 wherein alpha linolenic acid (ALA) is the fatty acid having an elevated level.
3. The process according to claim 1 additionally comprising the step of drying the sprouted flaxseed.
4. The process according to claim 3 wherein the step of drying comprises a controlled air drying process.
5. The process according to claim 1 wherein the sprouting of flaxseed occurs for a period of time of from about 12 to about 84 hours.
6. A flax product having a higher level of an Omega-3 fatty acid compared to flaxseed, said product comprising flaxseed sprouted for at least 6 hours.
7. A supplement comprising the flax product according to claim 6 dried to have a moisture content of about 5%.
8. A supplement comprising the flax product according to claim 6 in an amount of from 0.5% to 99.5% by weight.
9. The supplement of claim 8 additionally comprising a sprout from a seed other than flaxseed.
10. The supplement of claim 9, wherein the seed other than flaxseed is selected from the group of seeds consisting of fenugreek, soy, red clover, alfalfa, radish, mustard, onion, garlic, broccoli, alfalfa, canola, other brassica family plants, and combinations thereof.

11. The supplement of claim 7 additionally comprising a dried fruit component.
12. The supplement according to claim 7 for use as a nutraceutical human supplement or as an animal food supplement.
13. The supplement according to claim 8 for use as a nutraceutical human supplement or as an animal food supplement.
14. The supplement according to claim 9 for use as a nutraceutical human supplement or as an animal food supplement.
15. The supplement according to claim 10 for use as a nutraceutical human supplement or as an animal food supplement.
16. The supplement according to claim 11 for use as a nutraceutical human supplement or as an animal food supplement.
17. A process for sprouting flaxseed where the flaxseed is germinated by hydration with a plurality of separate additions of water, agitating flaxseed between additions of water, and permitting sprouting for at least 6 hours.
18. The process according to claim 17 wherein flaxseed is sprouted in the presence of seed of other plants.
19. The process according to claim 18 wherein the seed of other plants is selected from the group consisting of fenugreek, soy, red clover, alfalfa, radish, garlic, mustard, onion, broccoli, alfalfa, canola, other brassica family plants, and combinations thereof.
20. A flax product comprising a supplement according to claim 7 having the form of a capsule or tablet.
21. A flax product comprising a supplement according to claim 8 having the form of a capsule or tablet.

22. A flax product comprising a supplement according to claim 9 having the form of a capsule or tablet.

23. A flax product comprising a supplement according to claim 10 having the form of a capsule or tablet.

24. A flax product comprising a supplement according to claim 11 having the form of a capsule or tablet.

25. A process of preparing a flax product comprising the steps of: (a) sprouting a flaxseed by hydrating with a plurality of discrete additions of water, to thereby form a sprout; (b) drying the sprout to a moisture content of less than about 5%, thereby forming a dried sprout; and (c) milling the dried sprout at a temperature below 65° F.

26. A process of preparing a dried sprout product comprising the steps of: (a) sprouting said seed to a point where the sprout is less than about 3 times the length of an unsprouted seed, thereby forming a sprout; (b) drying the sprout to a moisture content of less than about 5%, thereby forming a dried sprout; and (c) milling the dried sprout at a temperature below 65° F.